

NEBRASKA WESLEYAN UNIVERSITY MAGAZINE

# ARCHWAYS

SUNFLOWER POWER | SUMMER 2022 | VOLUME 22, ISSUE 2

## The Economy of Hope

Upended by war,  
NWU's economics  
professor strikes his  
own balance.





## FROM THE PRESIDENT



*Like a farmer turning the same soil for generations, our work is always about preparing campus for the crucial growth to come.*

### Dear Alumni and Friends,

Three years ago, the departments of biology, chemistry and psychology moved into the Duane W. Acklie Hall of Science—NWU's first new academic building in decades. In a move this summer, the departments of physics and mathematics joined them in Acklie.

With these moves, Olin Hall now stands empty. The building's future has been on our minds since my arrival, shortly after Acklie Hall opened.

The Board of Governors considered many options for Olin, using valuable input from architects, the campus community and the academic departments most impacted. They reviewed proposals to renovate, replace or raze the building. Ultimately, the Board decided to raze Olin Hall.

The building will likely come down next summer. While it's never easy to part with a building that holds more than a half century of university history, we're excited about the collaboration and efficiencies we'll create with the physics and math departments in Acklie Hall. Our faculty and students are excited, too.

Closing Olin Hall meant we needed a new home for the Nursing Department's skills lab. NWU Nursing is now located within an SCC-owned facility nearby on O Street. It's another example of the longstanding partnership between NWU and Southeast Community College. This space provides great accommodations for our nursing students while we take the necessary time to evaluate our campus facility needs.

I'm sure you feel special affinity for certain campus buildings from your time here. It's only right that those memories tug at your heartstrings. We keep this emotional connection between our community's people and spaces in mind as we imagine what the future holds.

I love hearing alumni stories set all over campus—especially inside our residence halls. There are tales about roommates, teammates and classmates. Lost keys and found friendships. Life lessons and side-splitting jokes remembered clearly even decades later.

The changes we make on our campus today can never undo our yesterday. Like a farmer turning the same soil for generations, our work is always about preparing campus for the crucial growth to come. What memories will these students make? Where will their lives lead, and how can we best serve them on their varied paths?

This summer, we spent time with focus groups of key campus stakeholders to help us evaluate the full student experience—including our non-academic facilities and programs. This deep dive identified strengths, like favorite spots and cherished traditions, as well as opportunities to help students engage even more deeply in our community. The changes we make through this work will move us toward a better post-COVID, student-centered learning environment. They will lead our students toward even more life-changing outcomes and lifelong memories.

A Nebraska Wesleyan education is about excellence in and out of the classroom, personal attention, community and transformative experiences. Bricks and mortar play their role by setting a physical stage for the interactions that change our students' lives. Thankfully, our strategic plan addresses all of these elements.

It's truly an exciting time to put our plan in motion and turn ideas into reality!

Sincerely,

*Darrin Good*

—Darrin Good, President



# CONTENTS

Summer 2022 | Volume 22, Issue 2

## BLOOD

### ON THE COVER: The Economy of Hope

As war rages in Ukraine, Prof. of Economics Viktor Khanzhyn sees a place for economic firepower. ▶9

### EXERCISE SCIENCE: Full-throttle Physiology

Ride along the bloodstream of NWU's greatest 800-meter runner. ▶16

## SPORTS LEGACIES

### The Ira Era

Retiring Athletic Director Ira Zeff leaves a quarter-century legacy. ▶14

### Portal Immortals

The NCAA transfer portal dominates sports pages. But NWU has a long history of Hall of Fame-caliber transfer student-athletes. ▶20

## NWU

### NWUniverse ▶5

### NOTICE

To be the best possible stewards of university resources, we're adjusting *Archways*' delivery to three times per year. Issues will deliver in March, July and November of each year.

Keep up on the latest alumni news.  
Share your email address with us at  
[alumni@nebrwesleyan.edu](mailto:alumni@nebrwesleyan.edu).

## Departments

2 From the President

4 Letters

14 Sport

## Alumni Pages

21 Mystery Photo

25 Class Notes



## STAFF

**Eric Wendt ('99)**

**Editor**

ewendt@nebrwesleyan.edu

**Melanie Reinmiller**

**Art director**

mreinmil@nebrwesleyan.edu

**Peggy Hain**

**Director of marketing**

phain@nebrwesleyan.edu

**Kara Peters ('96)**

**Assistant director of marketing**

kpeters@nebrwesleyan.edu

**Amy Vasey ('11)**

**Class Notes editor**

avasey@nebrwesleyan.edu

**Archways advisory committee**

Graciela Caneiro-Livingston, John Greiving, Mary Hawk, Shelley McHugh ('91), William Motzer, Sara Olson ('95), Erin Palmer, Hunter Reeves ('19)

*Unless otherwise credited, photos are the property of Nebraska Wesleyan University, or are used with permission.*

*Nebraska Wesleyan University is an academic community dedicated to intellectual and personal growth within the context of a liberal arts education and in an environment of Christian concern.*

*Archways is an examination—and, ideally, a conversation—of how Nebraska Wesleyan University and its people relate to the world around us. That examination is academically sound, socially conscious, and continuously curious.*

Archways (USPS 074-700)

Periodicals Postage Paid at Lincoln, Nebraska  
Volume 22, No. 2

**Postmaster:**

Please send address changes to:

Nebraska Wesleyan University

Attn: Address Change

University Advancement Office

5000 Saint Paul Avenue

Lincoln, Nebraska 68504-2794

isadv@nebrwesleyan.edu

Archways is published quarterly by

Nebraska Wesleyan University

5000 Saint Paul Avenue

Lincoln, NE 68504-2794.

## A History Lesson We All Need

Wow, what a wonderful article about the Ponca tribe and Larry Wright (MAHS '07) ("How to Handle a Tomahawk," spring 2022). Just fascinating!

Actually, it is the best article I've read in *Archways*. Not only was it a history lesson we all need—especially in these times when so many want to stifle any unpleasant reminders about our past—but to know about Wright and his role with the Ponca tribe made me very proud for NWU that he is an alumnus.

I may not have ever given written feedback about the magazine, but as soon as I get it, I read it. It provides such positive articles about NWU students and alumni.



**Julia Larson**

Lincoln

## UPDATE:

## Chief Standing Bear's tomahawk comes home.

In early June, the Peabody Museum of Archaeology and Ethnology returned Chief Standing Bear's pipe-tomahawk to the Ponca Tribe of Nebraska.

Shawon Kinew is Ojibwe, and a member of the Peabody Museum's faculty executive committee. "What's happening here today is what I think we all want to happen—for the Peabody and Harvard not just to do the bare minimum of complying with the law, but to recognize the rightful and moral claims of your sovereign nation," Kinew told the Ponca representatives. "You belong to this pipe, and it was always your right to care for this pipe."

Stacy Laravie is a descendant of Standing Bear, and was among the Ponca who accepted the tomahawk's return. "I just can't express how I feel right now, so my tears are doing it for me."

Nebraskans no longer must travel to Massachusetts to see this important piece of America's civil rights history. Plans are underway to exhibit the tomahawk, most likely in the Ponca Tribal Museum and Library in Niobrara, Neb.

Opinions expressed in letters to the editor are not necessarily those of *Archways* magazine or Nebraska Wesleyan University.

Anonymous letters will not be printed. Letters may be edited for length, content and style.



**Be heard. Contact us.**

Eric Wendt, editor

Nebraska Wesleyan University

5000 Saint Paul Ave.

Lincoln, NE 68504

**Email:** ewendt@nebrwesleyan.edu

**Phone:** 402.465.2133



## Awards Honor Teaching Excellence

Each year, Nebraska Wesleyan University recognizes outstanding efforts by its faculty with a trio of awards for great teaching, distinguished scholarship and personal academic advising.

### MARGARET J. PROUTY TEACHING AWARD

Austin Mohr, associate professor of mathematics

The university's top teaching award honors the personal attention NWU professors give their students. Student nominators called Mohr "caring, patient, down-to-earth, passionate and ... an excellent listener." Another credited him for establishing a growth mindset "that I now continuously work toward and a life lesson I am taking with me from college."



### FACULTY SCHOLAR AWARD

Susan Wortmann, professor of sociology

This award recognizes NWU professors who distinguish themselves through research, scholarly work and creative projects. Nominators applauded Wortmann for her new textbook, *Discover Sociology*, and her collaborations with students for *Encyclopedia of Consumer Culture*. Also, her volunteerism has helped generate more than half a million dollars in grant revenue for local nonprofits.



### FACULTY ADVISOR AWARD

Joan Gilbreth, professor of sociology

Excellent academic advising exemplifies the university's core value of personal attention to students. In nominating Gilbreth, a student wrote, "I will never forget the lengths that she has gone to for me. I have enjoyed being a student at Wesleyan because of connections like the one I have with her."



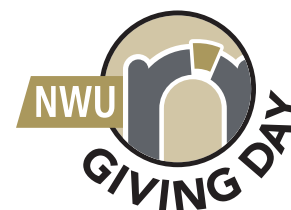
Photo by Kaitlyn Phinney (23)

## A Week to Remember

### First-ever "Philanthropy Week" strengthens bonds, tops goals.

April 21, 2022, was Nebraska Wesleyan University's sixth annual Giving Day, a day to celebrate NWU with a gift to the Archway Fund. The day was part of a new and broader "Philanthropy Week" on campus, with events highlighting how NWU students serve others on and off campus.

By any measure, Giving Day and Philanthropy Week were smashing successes.



► \$243,724 raised for the Archway Fund from alumni, corporations and friends.

► \$1,118 raised through Dine Out for NWU Day at the Runza on 56<sup>th</sup> and Holdrege

► 581 donors and volunteers participated—including more than 100 faculty and staff

"From the bottom of my heart, thank you for your support in making Philanthropy Week a success," said Vice President for Advancement John Greving. "I am proud to be part of such an engaged community."



# Commencement Day: May 7, 2022

- ▶ 133<sup>rd</sup> commencement
- ▶ 431 bachelor's degrees
- ▶ 40 master's degrees
- ▶ 1 honorary degree:  
**Thomas Christie** ('74, LHD '22),  
teacher, coach and advocate for  
educational equity
- ▶ Commencement address by  
**J. Robert Duncan** (LLD '02),  
businessperson, civic leader and  
advocate for the arts







Photos by Michael Reimiller

# NWU Recognizes Retiring Faculty

On commencement day, the university celebrated 471 new graduates. The May 7 ceremony was also a farewell to four retiring professors—proud educators whose combined years of service to NWU students stretch for nearly 90 years.



**Randy Ernst**  
(’83, MAHS ’07)

assistant professor  
of education

6 years



**Joan Gilbreth**

professor of sociology

22 years



**Larry McClain**

professor of English

29 years



**Yuko Yamada**

assistant professor of  
Japanese

29 years





## Fulbright Scholarship takes NWU grad back to Germany

Corinne Peterson ('19) was recently awarded the Fulbright Scholarship to become an English teaching assistant in Germany. This is Peterson's second trip to Germany after studying abroad at NWU's German sister school, Katholische Universität Eichstätt-Ingolstadt, as an undergraduate. Her award brings NWU's Fulbright Scholarship total to 61.

**ADD** business skills.

**EXPAND** professional networks.

**GROW** your salary.

**COME BACK**  
to NWU for your MBA.



NEBRASKA  
WESLEYAN  
UNIVERSITY

Apply today at  
[nebrwesleyan.edu/mba](http://nebrwesleyan.edu/mba)





# The Economy of Hope

---

Upended by war, NWU's economist seeks a new balance.

---

Assistant Professor of Economics **Viktor Khanzhyn** wasn't your typical teenager growing up in Mykolaiv, Ukraine. He was a softspoken kid with a good voice, bad eyes and odd interests.

"I remember asking my mom for a subscription to *The Economist*," he said. The weekly British paper covered international business and politics. It wasn't cheap, and Ukrainian teens weren't its target audience. But the young Khanzhyn was interested. He convinced his mom the subscription was an investment in his learning.

"Mykolaiv is a city of about 480,000—an Omaha," he said. How many teens there were reading *The Economist* after school?

"One. Maybe two?"

His eyesight forced him to read slowly, but he learned quickly.

After high school, when most of his male classmates began their military conscription, Khanzyhn was rejected. "In peacetime, anyway, my vision wasn't good enough," he said.

Khanzhyn went on to study economics instead—which led him to the U.S. and a faculty position at Nebraska Wesleyan University. Now, with war raging at home, the kid from Mykolaiv has found a place to use his economic expertise—and his voice—to speak out for his country.

## Reality is a tank

War can make economics—a realm of abstract theories and policies—feel a little beside the point. Khanzhyn pulled out his phone and showed a photo of Mykolaiv's nine-story city office building. Its roof gone. A 60-foot hole in its belly, punched through by a Russian missile. "That's where the mayor worked."

This March missile attack killed at least 37, with dozens more unaccounted for after months of wartime chaos. In another part of town, less than a mile from where Khanzhyn's parents live, an explosion killed nine people waiting to use an ATM.

It's fair to ask: What good are economic policies on that bloody sidewalk?

American journalist Jonathan V. Last put it this way in the conservative news website, "The Bulwark": "Reality is a tank. Not a memorandum. Not a summit. Not a promise."

Khanzhyn couldn't argue. He'd only add that a tank is also a product, built in a factory, and reliant on a network of fragile parts. To fire, a tank must first have laborers. And fuel. And operators and mechanics who likewise need food and water and warm clothes and communications. In other words: A tank exists inside an economy. Attack its economy, and you change the tank's reality.

"This is economic warfare," Khanzhyn said. And supply-chain disruptions, fuel shortages, frozen assets and lost labor are all weapons that can stop a tank as well as a Javelin.

## They will go mad

Up to now, Russia's blunders in this war have been framed as failures of logistical systems rather than economic ones. But Khanzhyn sees Russia's military logistics and its broader economy as highly related, with shared vulnerabilities. (How can you fuel a complex economy when you struggle to fuel a tank?)

Khanzhyn described Russia as an autocracy and a kleptocracy. And Tom Nichols, professor emeritus of national security affairs at the U.S. Naval War College, described the Vladimir Putin regime as "a criminal enterprise masquerading as a government."

"Russia's main exports are gas, oil and corruption," Khanzhyn said. And the same corruption that



has enriched Putin's circle has weakened Russia's military and economy.

"Corruption has become the glue that holds Russia together," he said. It's also the rot behind its crumbling.

"Merit is a hard thing to accumulate," Khanzhyn said. "And you just don't go through the years of training it takes to develop merit when you can pay a bribe and—boom! You're at the front of the line."

Once competence takes a back seat to corrupt connections, skills decay in surprising ways. General Mark Hertling, former commander of the U.S. Army in Europe, counts himself among the surprised. He told the web news tabloid, "The Daily Beast," "Our intelligence failure was not so much in our read of Russian capabilities, but rather [in] how terribly inept, incompetent and corrupt the Russian government and military have become ... beyond any of our wildest dreams."

Western sanctions targeting Russian oligarchs seek to extend suffering to the corrupt figures who shape Putin's decisions. "These oligarchs don't exist in some parallel universe we can't touch," Khanzhyn said. "We can freeze their assets and cut off their funding streams."

Will Russian oligarchs nobly absorb these blows in the name of national pride? Unlikely, Khanzhyn said. "If someone asks you or me to tighten our belts for our country, we might sigh, but we'll say, 'Sure.' We're familiar with cutting back to get through something bigger than us. But not them."

He said, "These people operate on a different level of greed. They don't know what self-sacrifice means." Under sanctions, he said, "They won't go hungry. But they will go mad. Hurt them, and they'll exercise their influence on Putin."

---

*Russia's main exports are gas, oil and corruption.*



## Every economic card at once

While seizing oligarchs' nine-figure yachts captures attention, the true bite of Western sanctions sinks beyond Russia's upper crust.

As international corporations move out of Russia, they siphon away money and jobs. The exit of global shipping companies strangles the movement of

goods. And sanctions are squeezing Russian airlines by choking off access to vital repair parts.

What happens to a 5,600-mile-wide nation that can't fly passenger planes? "We're about to find out," Khanzhyn said.

He generally applauded the West's approach to sanctions thus far. Weeks before Russia defaulted on its foreign debt, Khanzhyn called that default "a sure thing."

This change may have limited impact, "because their government bonds have been at the junk level since the beginning of the war." Still, Khanzhyn said it sent "a strong message" that the Putin government is both morally and financially toxic.

Are current sanctions strong enough? The West's central aim of ending Putin's war has not been realized. And mounting evidence of Russian war crimes feeds the argument that the West should immediately impose the strictest possible measures. But Khanzhyn said that effective economic warfare must balance current impact with ongoing leverage.

Play every card in your hand at once "and you give up your deterrence." It can't get any worse, so why stop now? Economic warfare involves making an enemy hurt—while making a psychological promise: We can make it hurt still worse.

Said Nichols, "All we can do is help Ukraine defend itself and make clear that there is no day that ends better for Russia than the day before."

## The whole world context has changed

Since February, Khanzhyn's thoughts have centered on how to push Russian soldiers out of Ukraine. But before then, his focus had been on how to welcome Nebraska Wesleyan students into the country.

Khanzhyn had planned to lead a study trip to Ukraine in 2021, before COVID-19 intervened. Once travel restrictions eased, Khanzhyn returned to the drawing board for a study trip in 2022—only to watch Russia begin massing troops along the border.

"We're not sending students somewhere we don't think is safe," said Director of Global Engagement **Sarah Barr** ('93). As soon as the U.S. State Department issued a level 4 travel advisory for Ukraine in January, Barr said, "Viktor agreed we had no choice but to cancel the trip again."

**Avery Scott** ('22) was among the students affected by these cancellations. The economics student from Sioux Falls, S.D., had wanted to study Ukraine's transition from a Soviet state into a modern democracy with a capitalist economy. "And I thought going with Viktor would be my best opportunity."

Scott said, "It's obviously understandable why these trips were canceled. But when you start to think about the experiences you're going to have, you get excited. And it's sad to miss out on those things."

With help from NWU's Office of Global Engagement, Scott shifted gears and spent the spring semester in Brussels, Belgium. "It's not as simple as going from plan A to plan B," she said. "It feels like the



Photo by Geoff Johnson

**Khanzhyn holds NWU's endowed Loretta (Good) Fairchild Distinguished Professorship of Economics.**

whole world context has changed."

Brussels is 1,300 miles west of Kyiv. But Scott could feel the war's impact even here. Her host family took in four Ukrainian refugees during her stay. They included a pregnant mother; her husband, who was allowed to leave Ukraine because of his Moldovan citizenship; and two young daughters.

*All we can do is help  
Ukraine defend itself  
and make clear that  
there is no day that  
ends better for Russia  
than the day before.*



Photo by Allison Woods (20)

Khanzhyn sang with the University Choir in a spring performance to raise money for Ukrainian refugees.

Scott said, “It’s hard to see what’s happening with the war crimes, to see everything refugees have been through—then hear friends back home complain about gas prices.”

Her experiences deepened her desire to see Ukraine after the violence stops. But that visit will be far different. “Like, it’s no longer all about what I can learn from Ukraine.” Instead, she said, it’ll be about helping

rebuild a free Ukraine, and “helping make sure the people are able to make it through this.”

In the meantime, Scott and Khanzhyn have both relied on news media to stay informed on what’s happening in the country.

“There’s not a drastic difference in what I’m reading from Western sources and what I see in my Ukrainian feeds,” Khanzhyn said. “Local pieces might have more anecdotal things. But the big picture is very similar.”

That big picture is a harrowing one—full of dead soldiers, leveled neighborhoods and shattered families. There’s no economic formula for measuring the depth of losses like these. No tidy way to calculate the domestic sadness of a mother, a village, a nation. The reality of Khanzhyn’s sadness strained against the limits of what an economist could express. He felt its weight pulling in an entirely different direction.

Khanzhyn apologized and asked to end our interview. “I’m late for rehearsal,” he said. If we wanted to talk more, we were free to follow him as he walked. But he had to go. His opera castmates were waiting for him in O’Donnell Auditorium.

## The singing economist

“In Ukraine, when it’s bad we cry; when it’s really bad we sing,” Tweeted Lesia Vasylenko, a lawyer and member of Ukraine’s parliament.

Alongside economics, Khanzhyn’s other passion as a young man was singing. He’d considered studying music in college. But his mother encouraged economics. It was more—economical.

---

*In Ukraine, when it’s  
bad we cry; when it’s  
really bad we sing,*



"So I'm not formally trained," he said. "But I'm a good parrot. I can sing what I hear." And he sings fearlessly.

"The first time I heard him was when he asked to sing with the faculty/staff band, 'Release Time,'" remembered Director of Development **Mary Hawk**. "He wanted to sing Aretha Franklin's 'Respect.'" Hawk called the song a gutsy choice, and "a big swing."

If he was nervous, he didn't show it. He began, and the distance between Mykolaiv and Motown shrank. "It was really, really good," Hawk said.

If Aretha Franklin couldn't rattle Khanzhyn, opera could. "There's no faking opera," he said. "If you don't have that power, you can't pretend you do."

He took voice lessons with Adjunct Instructor of Music **Amy Guevara**. And he liked what he discovered.

"Opera's become my crutch," he said on the walk across campus. "My break from everything. It takes so much concentration to do this. It doesn't come naturally, and when I'm singing, I can't afford to think about anything else."

He auditioned for NWU's Liana Sandin Spring Opera Series, and was cast in Vincenzo Bellini's 1831 opera, "La Sonnambula," or, "The Sleepwalker." He'd play Count Rodolfo, one of the male leads. **Holly Bingham** ('22) of Council Bluffs, Iowa, was cast as Amina, the opera's sleepwalker.

Like Hawk when she heard Khanzhyn's "Respect," Bingham was surprised by his voice in that first rehearsal. "I couldn't believe he wasn't a professional opera singer!"

Both Khanzhyn and Bingham looked forward to their rehearsals. "Viktor would do everything in his power to lift up the cast and build our team confidence," Bingham said. The cast and crew sought to support him right back.

"We talked a few times about what Viktor and his family were going through," Bingham said. "But I think opera was a chance for him to think about something else and let his creativity take over."

The production came together well—until another set of circumstances outside Khanzhyn's control swept in. The week before their opening, the cast began falling sick with (non-COVID-related) throat ailments. Bingham was among the singers to lose her voice

shortly before the production.

"We reduced the opera to scenes with cuts," Khanzhyn said. "And as we kept rehearsing, we realized we couldn't continue with the people we had."

Khanzhyn marked the opera's cancellation as another small emotional expense on a tally stretching through a war and a pandemic. Like the study trip lost to the virus, or the streets of his childhood pocked by rockets, Khanzhyn could imagine what would've been had "La Sonnambula" stepped into gentler circumstances.

A curtain and a window into an opera's small Swiss village. Count Rodolfo was, like Khanzhyn himself, a foreign face here, an outsider inside a tightknit place. And he used his deep voice to help others see their reality in a sharper way.

This village, for instance, was haunted at night by a local phantom—a wandering spook whom Rodolfo revealed as nothing more ghoulish than a sleepwalking Amina. But solving the village's ghost problem wasn't enough to make Amina safely understood. When her sleepwalking took her toward Rodolfo's bed, the enraged village took her steps for infidelity. And it fell to Rodolfo to stop the conflict, remake Amina's innocence, and restore her engagement to Elvino.

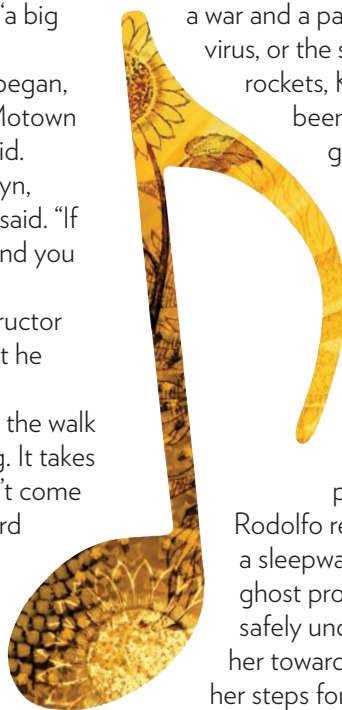
That's a heavy reality for a rookie opera singer's voice to lift.

Khanzhyn the singer and Khanzhyn the economist have both learned that reality breaks our attempts at simple measurements. It's neither light as a phantom, nor heavy as a tank.

Reality always adds up to something rich and strange, teetering and contradictory. Love and hate, folly and wisdom fall on us like rain in unbalanced sheets. There is no accountant's ledger of joys and pains to balance us neatly toward zero. No opera singer's high note to hold a sleepwalker steady on life's ledge. Reality is instead the product of our own tilting economy. It knows no equilibrium and will tip us toward whatever we choose to produce in greater surplus: Music or madness. Hope or despair.

The world often sleepwalks, and wakes up in mayhem.

When it's bad, we can cry. When it's really bad, we can sing. 🎵



# THE IRRA ERA

NWU's longtime AD  
crosses his finish line.






**N**early a quarter century ago, Nebraska Wesleyan University made the mascot leap from the Plainsmen to the Prairie Wolves. And over all the years our student-athletes have competed as Prairie Wolves—for 212 football games, 1,010 basketball games, 802 softball games—Ira Zeff has been Nebraska Wesleyan's director of athletics. In fact, Zeff was entering his third year as AD when NWU made the mascot switch in 2000.

This February, the only AD that P-Wolf Nation has ever known announced his retirement. He completed his work in June.

"I've had the greatest job anyone could have, and I've loved my time at NWU," Zeff said. "After 46 years in college athletics—24 of those here at Nebraska Wesleyan—it's time for me to step back."

"Ira Zeff has made a profound impact on the history and trajectory of Nebraska Wesleyan University," said President Darrin Good. "He's led our Athletics Department to a state of excellence. His will be very big shoes to fill." 

## ZEFF BY THE NUMBERS

Sports fans love stats. And the numbers over Zeff's tenure are impressive.

### 2 NCAA III national championships

NWU's only team national titles happened under Zeff's leadership.

- ▶ 2006: men's golf
- ▶ 2018: men's basketball

### 50+ conference championships

### 6 GPAC All-Sports Trophies

### 124 CoSIDA Academic All-America Awards

- ▶ NWU student-athletes have won at least one every year of Zeff's career as athletic director.

### 3 sports added

- ▶ men's swimming (2014)
- ▶ women's swimming (2014)
- ▶ wrestling (2015)

- ▶ Major facility enhancements include a new wrestling facility, Abel Stadium's turf, track, lights, press box and videoboards; Knight Fieldhouse's resurface; and Chaffee Practice Field's lights.

# FULL-THROTTLE PHYSIOLOGY

Feel the burn with NWU's greatest 800 runner.

Reagan Janzen (BSN '22) could set her watch by her race-day jitters. Twenty minutes before every gun, the fastest 800-meter runner in Nebraska Wesleyan history would feel the same thing.

"I'll get scared—like physically frightened—because you know how bad it's going to hurt," she said.

The particular burn that 800 runners feel isn't special, exactly. NWU swimmers and cross country athletes can describe similar pain. But an 800 tucks that pain into a physiological grey area—a place where the white-hot demands of an anaerobic sprint blur into the darker shades of aerobic endurance.

If you're not the running type, a couple definitions will help.

Aerobic efforts are sustainable for long periods because they're low enough to be fueled with the oxygen you breathe.

Anaerobic efforts demand more energy than your heart and lungs can deliver. Your body makes up the difference by turning to a secondary energy source stored in limited supply inside your muscle cells. Once those stores are gone, you're done.

"That's what makes the 800 so difficult," said **Samantha Wilson**, director of NWU's Master of Athletic Training Program. "It has you teetering between those two very different energy systems."

Too far to sprint and too short to pace out, Wilson called the 800 "that odd distance humans just aren't meant to run."

Janzen, then, is that rare runner who's learned to thrive in this inhospitable place.

*I need that pain to be so present in that 400- to 600-meter stretch. I have to feel it and understand it and be OK with it.*

## A mental tuck

Before Janzen, no NWU woman had ever cracked 2:15 in the 800. Then came Janzen's blistering 2:09.74 at the NCAA III outdoor championships this year. This nearly six-second gap equates to about 120 feet on the track—the rough length of three city buses—between Janzen and the old school record.

"An 800 gives you long enough to really think about that pain," she said. "And it forces you to make decisions inside that state." For Janzen, that pain during the race—and those key decisions that come with it—arrive just as predictably as her pre-race jitters.

"The first 400 meters almost always feel fine," she said. Then, somewhere within several meters of this halfway point, her pain slinks out, like a childhood monster from beneath the bed.

"By this point, her muscles are flooding with lactic acid," said Associate Professor of Health and Human Performance **Tamra Llewellyn** ('06).

"A lot of people assume lactic acid is what causes that pain, but that's wrong," Llewellyn

said. "You could inject lactic acid into your muscles, and you wouldn't feel a thing. It's just a measurable marker of a different kind of energy burn."

Like soot after a fire, lactate levels show an anaerobic effort has happened. But the true chemical culprit behind the burn in Janzen's legs, Llewellyn said, is pyruvic acid—physiology's pyromaniac.

Rather than try to avoid this sensation, Janzen learned to treat her pain as a mental cue. Its first flares confirm she's running according to her own ferocious plan.

"I need that pain to be so present in that 400- to 600-meter stretch," she said. "I have to feel it and understand it and be OK with it." Pain may be onboard, but it isn't driving.

Then Janzen made a small, defining gesture. She lifted her hand and tapped behind her ear at the base of her skull. "I have to tuck that pain back here in my mind." Another little tap. "I have to tuck it and keep going."

Sounds easy, right? Just tuck it and run.

Wilson laughed. "There's nothing easy about it." What Janzen is attempting to "tuck" neatly behind her ear in the final 200 meters of her race is nothing short of a physiological housefire.

## Intensity you can taste

"Your brain runs on glucose," Llewellyn explained. "And at this level of effort, your glucose is dropping so fast that, if you actually could hold that pace, it would become physically dangerous for your brain after just four or five minutes."

Janzen knows she's running an 800; she knows she'll relent after about two and a





**4.0 GPA**  
**NCAA Elite 90 winner**  
*(highest GPA at NCAA championship)*

**Sleeping heart rate: 34 bpm**  
**Max heart rate: 203 bpm (597%)**

## **REAGAN JANZEN ('22)**

**BSN graduate / athlete**  
**4-time All-American**

### **NWU records**

- › indoor 800
- › indoor 4x800
- › outdoor 800

**800m 2.09.74**  
**20.25 ft/sec**

*Graphic by Angela Hatcher  
Photo by Esmond Greene/  
Chad Greene Photography*

quarter minutes. “But her body doesn’t know that,” Llewellyn said. “And it’s sending out all sorts of warning signals to protect itself from damage.”

By now, Janzen’s heart cannot push any faster. Llewellyn said athletes can see a five- to eightfold rise in the amount of blood coursing through their pulmonary system each minute during maximum effort. The resulting crush of red blood cells has an effect on Janzen’s lungs that she can actually taste. The strain is greatest at that delicate point where the air Janzen breathes touches the blood she pumps.

“This point of oxygen transfer to the bloodstream is remarkably thin,” Llewellyn said, “like two cells wide.” And as those red blood cells slam against these thin barriers, some iron-rich hemoglobin slips across the cellular fence.

As Janzen holds her sprint, her lungs take on fluid. “You could describe it as an exercise-induced pulmonary edema,” Llewellyn said. And that fluid takes on this freshly squeezed hemoglobin.

As a result, Janzen’s straining lungs are expelling trace amounts of iron with each exhale. And once she stops running long enough to process her senses, she’ll taste blood.

The taste is so strong that unfamiliar athletes sometimes believe their lungs are bleeding. Wilson compared this taste to the smell of a bag of microwave popcorn. “When you put the bag inside and shut the door, you don’t smell anything. “But once you really heat up that system and the corn starts popping, you can smell it from across the kitchen. The door’s still shut; there isn’t any popcorn ‘bleeding’ out of the microwave. But you can still smell it across that barrier.”

That taste of blood after an intense anaerobic effort, Wilson said, is like that escaped smell. Janzen’s not bleeding; she’s just cooking on high heat.

---

*As a nurse, you have to  
respond to pain and the  
unexpected with calmness.  
You have to make good  
decisions, even in a stressful  
environment where things  
can change rapidly.*

## Our greediest organ

As the clock ticks over two minutes, weird things are also happening inside Janzen’s mind. The human brain is our greediest organ, demanding lots of glucose, oxygen, water and sleep to perform. (That’s why NWU students are wise to enter final exams well-rested, well-fed and well-hydrated.)

An 800 sharply diverts blood, glucose and oxygen away from the brain in favor of the legs. And the brain doesn’t enjoy being shortchanged.

When athletes “see stars,” it’s often the result of modest glucose and oxygen depletion in the vision center of the brain—the same spot behind her ear where Janzen mentally tucks her pain. Deprived of sugar and oxygen, this portion of the brain nods off—with sparkles much like the tingles in your foot when you cross your legs too long.

The body has a simple solution to the problem of too much blood down low in the legs and not enough up high in the brain, Llewellyn said. You’ll see it at the finish line of any track meet.

“Dizziness and fainting are the body’s way of forcing you into a horizontal position.” When you lie down (or tip over, the body

doesn’t much care), your heart no longer has to fight gravity to redistribute blood back toward your greedy brain.

## Pain with a purpose

For Janzen, the weirdest thing about these intense physiological sensations is the equally intense calm that comes with them. “As runners, we practice what things feel like,” she said, “so we’re not surprised when we’re going through it.”

This ability—not to ignore pain, but to understand it and work through it—is the essence of “running tucked.” For Janzen, it’s a mindset that applies beyond the track.

Janzen, a Hampton, Neb. native, earned her Bachelor of Science in Nursing in May with a perfect 4.0 GPA. Then she moved to Rochester, Minn., to begin work at the renowned Mayo Clinic’s Neurosciences Intensive Care Unit. It’s a job she landed after performing well in a prestigious Mayo Clinic summer externship last year.

“As a nurse, you have to respond to pain and the unexpected with calmness,” Janzen said. “You have to make good decisions, even in a stressful environment where things can change rapidly.”

Athletes and nurses are very similar that way, she said. Both rely on intensive training. Discomfort doesn’t rattle them. They trust their teammates and appreciate the human body for its power to endure and to heal.

The work can hurt sometimes. But Janzen’s not afraid of it. It’s pain with a purpose. “I’m a religious person—a spiritual person,” she said. “And I can use what I’ve been given as a nurse—my experiences and my gifts—to help people get out of some of those deeper trenches.”

At 22 she understands she’s still young, with decades of learning and growth yet to come. “But I feel like I’ve already seen a lot—and felt a lot—in my life. And I can use that to help people.” 🙏



# MASTERS OF PAIN MANAGEMENT

Three NWU graduate programs are all about helping athletes, patients and people rebound from trauma. All are enrolling students now; classes start in August.

## Master of Athletic Training

The bachelor program's alumni work as certified trainers in settings from schools and clinics to Major League Baseball, the U.S. Army and pro wrestling. This new master's program is enrolling its first undergraduate students this fall in a special 3+2 program where students earn both a bachelor's degree and a master's degree in just five years.

## Master of Science in Nursing

NWU's first exclusively online master's program is perfect for working nurses who balance their education with the needs of their families and their patients. Students can also earn NWU's MSN/MBA joint degree.

## Master of Social Work

NWU has Nebraska's only MSW program with evening-only courses—a fact that matters for working adults. It's geared around a trauma-conscious approach that equips social workers to help others integrate past or ongoing trauma within their lives.

Learn more about  
NWU's graduate programs,  
including our MBA.

[nebrwesleyan.edu/graduate-programs](http://nebrwesleyan.edu/graduate-programs)

# NWU Inducts Seven to Athletic Hall of Fame

The Athletic Department will celebrate the achievements of these outstanding alumni athletes at their 2022 awards breakfast on October 1.

Summer Allen-Portsche ('01)	women's basketball
Thor Esbensen ('01)	men's cross country/track & field
Lynette (Baker) Helms ('97)	women's soccer
Luke Klinker ('03)	football/baseball
Alex Linden ('03)	Spirit of the Plainsman Award
Troy Longe ('02)	football
Clint Solano ('96)	baseball

# Good as GOLD

Congratulations to Bella Hogue ('24) for winning three NCAA III national championships this year. The high school distance runner from Murray, Neb., turned to sprinting at NWU, and ran away with NCAA crowns in the indoor 200, outdoor 200 and outdoor 100.

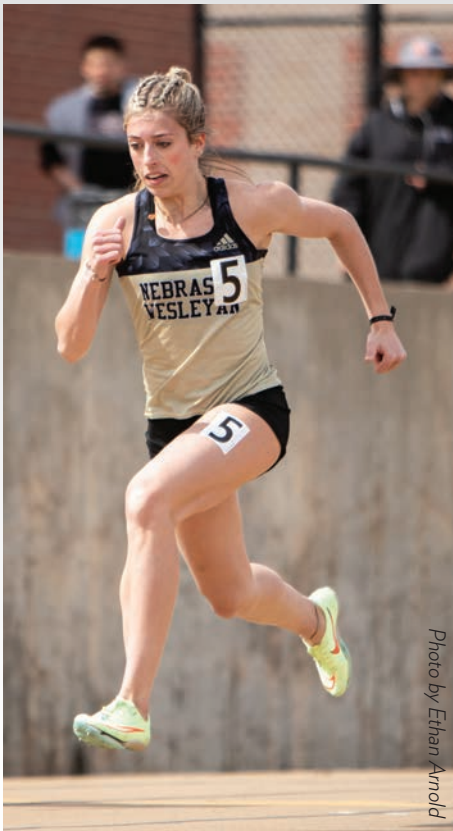


Photo by Ethan Arnold



# Portal Immortals

The NCAA's transfer portal is changing the shape of Division I college athletics. But transfer student-athletes aren't new. Many of Nebraska Wesleyan's most accomplished competitors started their collegiate careers elsewhere before finding success at NWU.

## **Bella Hogue ('24)**

### **track & field**

After a year with the Huskers, Hogue joined the Prairie Wolves in 2021. She promptly sprinted to NCAA titles in the indoor and outdoor 200 and the outdoor 100.

## **Jennifer (Jeffrey) Kirkland ('00)**

### **golf**

Kirkland came to NWU from the University of Oklahoma. She became NWU's only All-American in women's golf when she finished second at the 1999 NAIA championship. She was inducted to NWU's Athletic Hall of Fame in 2018.

## **Jason Licht ('93)**

### **football**

Licht walked on to play football for Tom Osborne's Huskers before moving northeast for more playing time at NWU. Licht went on to win a Super Bowl as general manager for the NFL's Tampa Bay Buccaneers.

## **Kim (Oden) Damratowski ('93)**

### **track & field**

Damratowski transferred to NWU from the University of Wisconsin. She earned 30 All-America Awards and seven national championships. The 1993 NCAA III Athlete of the Year set a dozen NWU school records across the high jump, triple jump, long jump, heptathlon, javelin and hurdles. She competed in the heptathlon at the 1992 U.S. Olympic trials, and entered NWU's Athletic Hall of Fame in 2002.

## **Deion Wells-Ross ('18, MBA '22)**

### **basketball**

Midland University is where Wells-Ross began. Then he transferred to NWU, developed into one of the greatest rebounders in program history, and helped lead the P-Wolves to a 2018 NCAA III national championship.





# ALUMNI PAGES



“Stay engaged with the Nebraska Wesleyan community.”

## Shelley McHugh ('91)

director of alumni relations  
5000 Saint Paul Avenue  
Lincoln, NE 68504-2794  
smchugh@nebrwesleyan.edu  
402.465.2123

Update your contact information, professional details and more by emailing us at [alumni@nebrwesleyan.edu](mailto:alumni@nebrwesleyan.edu).

## MYSTERY PHOTO

### Bar exam

Some tests are truly pass/fail. You either clear the bar, or you don't. Today's test: Name this 1990s NWU high jumper.

#### Send your responses to:

Eric Wendt  
Nebraska Wesleyan University  
5000 Saint Paul Avenue  
Lincoln, NE 68504-2794  
[ewendt@nebrwesleyan.edu](mailto:ewendt@nebrwesleyan.edu)



# MYSTERY PHOTO REVEALED

## You can count on family.

Relatives stepped up big to solve this Mystery Photo.



That's no mystery, that's Laurie Harvey ('76)!

She's a wonderful person—and family. Her sister, the late great Jan Harvey Hubbell ('72), married my brother, Jaymes Hubbell ('71).

—Jan Hubbell Whitney ('76)

I see my sister-in-law: Laurie Harvey.

—Jym Hubbell ('71)

The mystery photo pictures Laurie Harvey, my younger sister.

—Sara Harvey Christensen ('68)

That friendly face at the Psych Fair booth belongs to Laurie Harvey of Gering, Neb., class of 1976.

—Barbara (Chapin) Ruh ('75)



Yes, that's me in the spring issue of *Archways*! I remember what fun we had as psych majors participating in various events to promote our calling!

I've attached another picture from that event that I still have in an album. Ron Stock ('78) and I were both offering great friendly advice at our booth.

I did go on to have a great career in human services, poverty and justice work and counseling. I retired a few years ago after 35 years as CEO of CWEE, Center for Work Education and Employment in Denver. CWEE focuses on ending poverty for single parents and working families.

—Laurie Harvey ('76)

## Upcoming Alumni Events

### Wesleyan Weekend 2022

September 29-October 2

Homecoming is now Wesleyan Weekend. Join us for a campus celebration like no other.

### Holiday Open House: LINCOLN December 6

Country Club of Lincoln

### Holiday Open House: OMAHA December 13

Lauritzen Gardens





# Legends and Legacies Award Winners

NWU will honor these outstanding alumni during Wesleyan Weekend.



**Phil Bakken ('13, MBA '16)**  
Young Alumni  
Achievement Award

In 2018, Bakken was appointed chief of staff to the president of the University of Nebraska system—the youngest to serve a major university system in this role.



**Brad ('73) and  
Peg (Kugler) ('75) Hurrell**  
Medal of Honor

After graduating, Peg Hurrell had a successful nursing career in hospital, clinic and school settings. And Brad Hurrell spent his career as a CPA with KPMG LLP. The Hurrells have remained involved with NWU through financial support, volunteerism and guidance. Brad currently serves on the Board of Governors.



**Tyler Richard ('06)**  
Young Alumni  
Humanitarian Award

Richard is associate director for nationwide strategic communications at the ACLU. He spearheaded a communications campaign for the cases of Aimee Stephens and Don Zarda, whose Supreme Court victory advanced LGBTQ+ rights.



**Shelly (Gatzemeyer)  
Schwedhelm (MSN '07)**  
John Rosentrater  
Act of Valor Award

Schwedhelm is Nebraska Medicine's emergency management and biopreparedness director and executive director of the Global Center for Health Security. She led activations of the Nebraska Biocontainment Unit to care for Ebola patients in 2014 and COVID-19 patients in 2020.



**Greg Bergt ('71)**  
Alumni Loyalty Award

Bergt founded a pharmaceutical consulting firm and has set a strong example for alumni involvement through 40 years of giving and service.



**Chuck Lang ('60)**  
Alumni Achievement Award

As a physics teacher, Lang has garnered a Friend of Science Award from the Nebraska Academy of Science and a Presidential Award. He was named a Rotary International Paul Harris Fellow for his volunteerism in West Omaha.



**Kathy Whitmore ('72)**  
Alumni Humanitarian Award

After 38 years as a teacher and administrator for Atlantic City Public Schools, Whitmore cofounded The Leadership Studio. The nonprofit seeks to advance leadership skills and community involvement in Atlantic City.

# NEBRASKA WESLEYAN UNIVERSITY

*your lifelong community*

**We connect.**



**We come home.**

Wesleyan Weekend: September 29–October 2

**We give.**

Archway Fund: [nebrwesleyan.edu/donate](http://nebrwesleyan.edu/donate)



## The online MSN for professional nurses

There's still time to apply for this fall.

- > Nurse leader
- > Nurse educator
- > MSN/MBA

**Apply today.**  
[nebrwesleyan.edu/msn](http://nebrwesleyan.edu/msn)







NEBRASKA  
WESLEYAN  
UNIVERSITY

5000 SAINT PAUL AVENUE  
LINCOLN, NE 68504-2794



**WE'RE HERE FOR YOU**  
*to cheer for you!*

———— Nebraska Wesleyan University is your lifelong community. ————



**WESLEYAN** *Weekend*

September 29–October 2, 2022



MIX  
Paper from  
responsible sources  
FSC® C103525

Archways magazine is printed on paper certified by the Forest Stewardship Council.  
FSC certification indicates demonstrated commitment to environmentally and socially responsible forest management.